

Milford Senior Center, 105 South 'B' Street, Milford, NE 68405, 402-761-3367

June 2016 Activities

	Monday		Tuesday		Wednesday		Thursday		Friday
				1		2	Coffee & Sweets -9:30	3	Coffee & Sweets 9:30
6	Coffee & Sweets 9:30 Water Aerobics 10:30 – 11:30	7	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	8	Coffee & Sweets-9:30 <u>Wii Bowling- 9:30</u> Water Aerobics 10:30 – 11:30	9	Coffee & Sweets – 9:30 <u>Brunch @ 11:00</u> <u>Bingo-Heartland –</u> <u>11:45 a.m.</u>	10	Coffee & Sweets 9:30 <u>Exercises</u> 9:30 Water Aerobics 10:30 – 11:30
13	Coffee & Sweets 9:30 Water Aerobics 10:30 – 11:30	14	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	15	Coffee & Sweets <u>Wii Bowling- 9:30</u> Water Aerobics 10:30 – 11:30	16	Coffee & Sweets -9:30 <u>Bingo- Hosted by the</u> <u>Crestview Care</u> <u>Center</u> <u>12:30 pm</u>	17	Coffee & Sweets <u>Exercises</u> 9:30 Water Aerobics 10:30 – 11:30
20	Coffee & Sweets 9:30 Water Aerobics 10:30 – 11:30	21	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	22	Coffee & Sweets <u>Wii Bowling- 9:30</u> Water Aerobics 10:30 – 11:30 <u>FUND RAISER</u>	23	Coffee & Sweets -9:30	24	Coffee & Sweets 9:30 <u>Exercises</u> 9:30 Water Aerobics 10:30 – 11:30
27	Birthday Celebration Guest Speaker Water Aerobics 10:30 – 11:30	28	Coffee & Sweets – 9:30 <u>Tai Chi</u> Maintenance – 10:00 <u>Cards/Pitch – 12:45 pm</u>	29	Coffee & Sweets-9:30 <u>Wii Bowling- 9:30</u> Water Aerobics 10:30 – 11:30	30	Coffee & Sweets -9:30		

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June Menu - 2016

	Monday		Tuesday		Wednesday		Thursday		Friday
				1	HOT DISH AND SALAD BAR	2	Oven Fried Chicken Bacon Cheddar Potatoes Corn on the Cob Biscuit Strawberries	3	Tuna Stuffed Tomato Chips Whole Wheat Breadstick German Chocolate Cake
6	Salisbury Steak Mashed Potatoes/Gravy Creamed Mixed Vegetables Whole Wheat Roll Fresh Fruit Salad	7	Barbecued Chicken Baked Potato Half Sour Cream Crmy Cauli/Brocc Salad Biscuit Banana Pudding	8	HOT DISH AND SALAD BAR	9	BRUNCH 11:00	10	Chicken Primavera w/Penne Seasoned Zucchini Whole Wheat Bread Peach Cobbler
13	Lasagna Italian Vegetables Garlic Bread Melon	14	Roast Beef Au Gratin Potatoes Roasted Brussels Sprouts Whole Wheat Roll Citrus Salad w/Pineapple	15	HOT DISH AND SALAD BAR	16	Braised Swiss Steak Mashed Potatoes/Gravy Peas and Carrots Whole Wheat Bread Chilled Fruit Cut	17	Bake N Broil Cod Chive Roasted Potatoes Italian Cut Green Beans Whole Wheat Roll Strawberry Rhubarb Crunch
20	Chicken Fried Steak Mashed Potatoes Cream Gravy Seasoned Carrots Whole Wheat Roll Melon	21	Chicken Noodle Casserole Green Beans Whole Wheat Bread Chilled Peaches	22	BAKED POTATO BAR AND DESSERT FUND RAISER	23	Open Face Hamburger w/Gravy Mashed Potatoes Cream Style Corn Fruit Cobbler	24	Chicken Primavera w/penne Seasoned zucchini Whole wheat Bread Strawberries
27	BIRTHDAY CELEBRATION Boneless Chicken Breast Garlic Mashed potatoes Green Beans	28	Beef Tips with Gravy Rice Seasoned Beets Whole Wheat Roll Fresh Fruit	29	HOT DISH AND SALAD BAR	30	Barbecue Beef Potato Salad Baked Beans Biscuit Applesauce Gelatin Salad		